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THE

MILK VENDORS' COOK BOOK

Issued by

The Canterbury Milk Vendors' Assn. Inc.

As an endeavour to promote the greater use of Nature's cheapest, best, safest and most nourishing of foods MILK.

Recipes by courtesy of H. E. Taylor, original compiler.

FOREWORD

Scientists and doctors are unanimous in declaring that milk is Nature's most perfect food—indispensable for building healthy bodies and keeping them healthy.

The time is long past when milk was considered a food only for babies and invalids. To-day it is unhesitatingly recommended as the ideal food for all ages to retain health and to restore health.

Milk is the cheapest of foods and, intelligently used, the choicest of foods. No other of Nature's gifts to man can be served in such a variety of ways and still retain its essential health-producing qualities. In every department of the culinary art it is not merely an aid but an essential to good cooking. It demands a place in every course of the most extensive menu. In soups, fish, meat, poultry, vegetables, puddings, sweets, cakes, desserts, sauces, salads, savouries and drinks it is the cook's most valuable ingredient, and this book of recipes is offered in the confident expectation that housewives will be helped to prepare easier, more economic, healthier, and more delectable menus.

How Milk Should Be Cared For In The Home

Safeguard this valuable product in your home. It is the children's most necessary food, and one of great value for adults, and must be properly cared for. No matter what precautions have been taken to produce clean milk, or what hygienic methods have been adopted in the course of delivery to the consumer, it cannot be expected to keep well if it is treated carelessly afterwards.

The ultimate purity of milk is largely a matter of hygiene in the home; the consumer, therefore, must share with those who produce and handle milk the responsibility of keeping it pure and sweet until used.

(1) As soon as possible after delivery, milk should be put in a cool, clean place, and kept there until it is required for use.

(2) Milk deteriorates by exposure to the air. It should therefore always be kept covered. A further danger that arises if it be left uncovered is contamination by flies that carry dirt and disease.

(3) If the milk is delivered in a bottle the mouth and neck of the bottle should be wiped carefully with a clean cloth before it is emptied, unless the top of the bottle has been protected with a cap.

(4) Milk should never be put in a warm jug or basin.

(5) Milk should be put into scrupulously clean vessels; never into a dusty or soiled container.

(6) All utensils used for milk should be rinsed first in cold water, then washed or scalded with water at or near boiling point, and then again rinsed with clean cold water. They should not be wiped with a cloth that has been used for other dishes.

(7) New milk should never be mixed with old milk unless it is to be used at once. The old milk is likely to contain a larger proportion of bacteria, and if the weather is hot souring will occur.

BROTHS AND SOUPS

The most delicious soups can be made with milk combined with vegetables or fish stock, and these are valuable in the diet of children, convalescents and those restricted to a meatless diet.

CARROT SOUP

Ingredients:

2 cups water
2 cups milk
Few young carrots
2 tablespoons flour
2 tablespoons butter
¼ teaspoon curry powder

Instructions: Boil carrots in water, strain and add milk to liquid. Heat and thicken with flour mixed with a little cold water. Add butter, curry powder and salt and pepper to taste. Cut carrots into dice and add to soup. A little finely-chopped parsley is an improvement.

MOCK-BISQUE SOUP

Instructions: Scald two-thirds of a cupful of milk and thicken with three-fourths of a tablespoonful of flour diluted with cold water until thin enough to pour. Cook in double boiler 10 minutes, stirring constantly at first. Heat a quarter of a cupful of stewed and strained tomatoes to the boiling point, add a quarter of a tablespoonful of sugar and a few grains of soda, and add gradually to thickened milk. Add ½ tablespoonful of butter, bit by bit, and ¼ of a teaspoonful of salt. Strain and serve at once. If not served immediately this soup is liable to curdle.

FISH SOUP

Ingredients:

1 pint milk
1½ pints fish stock
1 oz. sago
½ oz. cornflour
Chopped parsley
Pepper and salt

Instructions: Boil the stock. Add the cornflour mixed with a little milk. Add sago; simmer 15 minutes. Add the milk and about a teaspoonful finely chopped parsley. Season to taste. Serve with small dice of fried bread.

GOLDEN SOUP

Instructions: Boil 1 lb. pumpkin in a little water until quite soft, mash it well in the liquor. Add salt and pepper to taste. One tablespoon butter, 1 tablespoon shredded cheese then add 3 cups of hot milk, and re-heat.

3 MILK RECIPES

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EDMONDS Quality PRODUCTS

CUSTARD From a pint of milk take sufficient to mix one heaped dessertspoon of **Edmonds Custard Powder** to a thin smooth cream. Add a dessertspoon of sugar to remainder of milk, bring to the boil and pour the mixed custard slowly into it, stirring all the time. Pour immediately into jug. Serve hot or cold with stewed fruit, puddings, etc. The addition of the beaten whites of 1 or 2 eggs whisked into the custard when cool makes a rich custard sauce.

BLANCMANGE 2 rounded tablespoons (about 1½oz) **Edmonds Pure Maise Cornflour,** 1 pint milk, sugar to taste (say 2 level tablespoons). Mix the cornflour to a smooth cream with 3 tablespoons of the milk. Add sugar to remainder of milk, bring to the boil, then pour the mixed cornflour slowly into it, stirring all the time. Boil for one or two minutes then pour into a wet mould to set. A level teaspoon of butter added to the milk when heating will improve the flavour.

MELROSE CREAM Equal quantities of custard made with **Edmonds Custard Powder,** and liquid jelly made with **Edmonds Jelly Crystals.** Mix together and put into mould to set. An attractive dish can be made by surrounding the above with different coloured jellies from small moulds. (An egg cup will do.)

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Cornflour

Jelly Crystals

Custard Powder

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DUCHESS SOUP

Ingredients:

2 tablespoons tapioca
1 teaspoon salt
⅛ teaspoon pepper
1 onion (chopped)
1 quart milk (scalded)
2 tablespoons butter
¼ cup cheese (grated)
2 tablespoons parsley

Instructions: Boil milk with onion, salt, pepper and tapioca until tapioca is clear. Add butter, cheese and parsley and cook until cheese is melted. Sufficient for 5 people.

MILK BROTH

Ingredients:

1 oz. butter
3 quarts milk
¼ lb. washed barley
A little sugar

Instructions: Melt the butter in a saucepan, so that it covers the bottom thereof, add milk and barley, and cook in a slow heat so that it boils quietly for 3 hours, stirring occasionally. Add sugar and serve.

BOUILLABAISSE

Ingredients:

Trimmings of fish
1 pint milk
Mixed herbs
Pepper and salt
Parsley
1 egg
1 onion

Instructions: Put the fish bones, heads, etc., in 1½ pints of water with some mixed herbs, pepper, salt, chopped parsley, and one finely-chopped onion. Stew gently for one hour. Remove from fire and strain. Mix one pint of milk with the soup and return to the saucepan over the fire, stirring in one yolk of egg quickly, but do not let it boil.

MILK AND CABBAGE SOUP

Ingredients:

1 pint milk
4 oz. margarine
1 oz. cornflour
1 small onion
1 small cabbage
Salt and pepper

Instructions: Melt the margarine in a saucepan. Chop the cabbage and onion very finely. Add to the margarine; let them cook for 20 minutes, add the milk boiling to the cabbage; simmer for 15 minutes; make a paste of the cornflour and a little water; add to the milk; boil one minute; add salt and pepper. Serve.

Put out your empty milk bottles every day. If a second trip takes just 15 seconds, this time will in the course of a normal delivery, amount to at least two hours wasted.

TOHEROA SOUP

Ingredients:

12 large toheroas
6 pints milk
2 onions

Instructions: Open toheroas, wash and put through mincer with onions. Bring milk to boil, add minced toheroas and onions and simmer gently for two hours. Add pepper and salt to taste. Thicken with a little cornflour and serve hot.

TOMATO CREAM SOUP (Three Helpings)

Ingredients:

1 dessertspoon soaked sago
½ lb. ripe tomatoes
Strip of bacon rind
1 small onion
1 blade mace
1 pint vegetable stock or water
1 dessertspoon lard or butter
½ teaspoon salt
1 clove
Pinch of pepper
Pinch sugar
½ pint milk or 1 gill cream

Instructions: Prepare onion and tomatoes, cut up roughly, melt butter in saucepan, add vegetables, stir over a low fire without browning till soft, add stock or water, clove, mace, rind, salt, pepper, sugar; bring slowly to boil and simmer until soft. Rub through a coarse strainer, return to saucepan. Add soaked sage, stir till clear. Add milk or cream, slowly, and re-heat. Do not boil after milk is added.

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FISH—THE BRAIN FOOD

It is necessary with many fish to supply a rich well-flavoured sauce, such as melted butter sauce, made with milk. This sauce, the recipe of which is here given, forms the foundation of a great variety of sauces, by the addition of different flavours. Melted butter sauce, if made very thick, is also useful for binding cooked fish, meat and poultry for rissoles, croquettes, etc.

FISH CUTLETS

Ingredients:

Cold boiled fish
2 oz. butter
3 dessertspoons flour
1 cupful of milk
Salt and seasoning
Boiling fat
Tomatoes
1 egg

Instructions: Flake the fish and remove the skin and bone. Melt the butter in an enamel saucepan, add the flour and mix with the butter and gradually stir in the milk; add salt and seasoning and mix in the flaked fish. Turn out on to a buttered dish and press till about one inch thick. Let it stand till firm. Divide the mixture into the desired number of portions, shape with the aid of a spoon and fork and roll each cutlet in flour; let them stand for 20 minutes, then coat with a beaten egg and sprinkle breadcrumbs over. Let them stand till dry and then fry in boiling fat till brown. Arrange in a neat row on dish paper and serve with tomatoes.

FISH CUSTARD

A light nourishing dish excellent for invalids or children.

Ingredients:

1 lb. filleted fresh schnapper or other similar fish
Breadcrumbs
1 egg
½ pint milk
1 oz. butter
Salt and pepper

Instructions: Lay the fillets on a greased dish and scatter bread-crumbs over thickly. Beat the egg with the milk. Add pepper and salt. Pour over the fish, add the butter in small pieces, and bake half an hour in a fairly quick oven.

BATTER FOR FISH

Instructions: Mix together 4 ozs. flour, ½ teaspoon baking powder, and salt to taste. Add 1 beaten egg and enough milk to make a smooth batter.

Milk promotes the physical vigour of children and helps them to grow more rapidly. The calcium in milk provides the necessary substance for strong healthy teeth.

Help your vendor to give a better service by returning your empty milk bottles daily.

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Consultants

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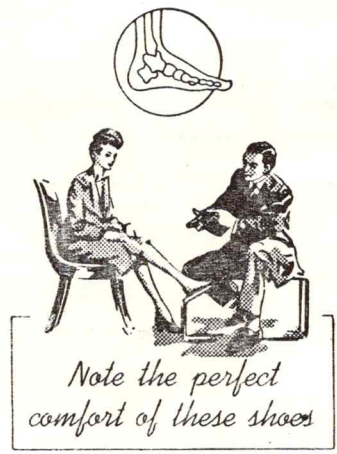

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FISH CREAM

Ingredients:

4 ozs. cooked white fish, boiled and flaked
2 ozs. breadcrumbs
½ pint milk
1 oz. butter
1 egg
Pepper and salt

Instructions: Mix fish and bread-crumbs together. Add the butter, make the milk hot and pour over. Beat well. Beat the egg slightly and add. Season well. Put into a buttered dish or basin. Cover with greased paper and steam for half-an-hour. Turn out and serve with white sauce.

FISH MOULD

Instructions: Take three-quarters of a pound of cooked fish (one or several kinds mixed) free from skin and bone, mince it and then pound it with two ounces of fresh bread-crumbs (soaked in boiling milk) and enough butter to enable you to work the mixture easily. Season with pepper and salt, stir in two well-beaten eggs and a gill of white sauce flavoured with a teaspoon of Worcestershire sauce. Fill a buttered mould, steam for three-quarters of an hour, and serve with sauce poured round.

SCALLOPED FISH

Ingredients:

½ pint milk
1 oz. butter
1 oz. flour
Salt and pepper
Anchovy essence
Cold cooked fish
Breadcrumbs

Instructions: Put butter into pan. Add flour and mix well over fire. Add milk all at once and stir until boiling. Add the essence, and salt and pepper to taste. Remove the bones and skin from the fish and flake it. Mix it now with the sauce. Put this mixture into a piedish and sprinkle with bread-crumbs. Scatter small pieces of butter on the top and put into an oven until a nice golden brown.

MOCK WHITEBAIT

Instructions: Make a batter of one egg, half a cup milk, 3 tablespoons flour, season with pepper and salt and allow to stand for three or four hours. Mix in some cooked silver beet stems cut into fine strips crossways. Add a flavouring of celery salt and fry in boiling fat. Serve very hot. Potatoes may be used in the same way .

Raw Milk is the normal clean and fresh secretion obtained by completely emptying the udder of the healthy cow. Pasteurised Milk is Raw Milk which has been efficiently heat treated by raising the temperature to 162° F., remaining at that temperature for 15secs, and immediately cooling to 50° F.

MEAT AND MEAT DISHES

White meats, such as brains, tripe, rabbit, chicken, sweetbreads, and veal, are more nourishing and easily digested when made into a fricassee or scalloped, using milk. A well-made parsley, caper or onion sauce is a tasteful adjunct to boiled meats.

FRICASSEE CHOPS

Ingredients:

1 lb. best end neck or chump chops
1 onion
1 cup milk
1 tablespoon flour
½ teaspoon salt
Pinch of pepper
1 teaspoon finely chopped parsley
1½ cups water

Instructions: Trim chops and remove all small pieces of broken bone. Peel onion and cut into dice or rings. Place chops, onion, salt and pepper into saucepan, add water, cover saucepan with lid, bring to boil, then simmer gently for 1½ hours. Blend flour with sufficient cold milk to form a smooth paste. Lift out chops, add remainder of milk, bring to boil, stir in blended flour and cook gently for three minutes. Add chopped parsley and chops. Re-heat and serve on hot dish.

CORNED BEEF SAVOURY

Ingredients:

1 cup flour
1 teaspoon baking powder
Salt and pepper to taste
1 egg
¾ cup of milk
½ teaspoon mustard
Cooked corned beef

Instructions: Make into smooth batter, flour, baking powder, salt and pepper. Mix mustard into milk. Beat up egg, add egg to milk and mix with dry ingredients. Cut meat into slices and dip in batter, fry in hot fat. A delicious way of using up cold corned beef.

MEAT DISH WITH MILK

The following is an excellent way in which to use up cold meats:

Ingredients:

1 lb. cold meat
¼ lb. stale bread
1 onion
1½ gills milk
1 tablespoonful curry powder
Juice of half a lemon
1 egg
Salt and pepper

Instructions: Break up the bread and soak in cold milk until soft. Then beat with a fork. Mince the onion and fry it in a little dripping. When light brown, add the curry powder and fry for three minutes, stirring all the time. Mince the meat, add the bread, onion, and the juice of a lemon. Season with pepper and salt.

MADRAS CURRY

Ingredients:

Meat
2 onions (sliced)
1 tablespoon curry powder
1 teacup milk
1 tablespoon butter
1 teacup gravy
1 teaspoon salt
Juice of half a lemon

Instructions: Slice two onions, fry till brown. Add one tablespoon curry powder. Add meat, fish or vegetables and fry for five minutes. Add one teacup gravy, one teacup milk, one tablespoon butter, one teaspoon salt. Simmer gently for two hours. Lastly, squeeze in juice of half a lemon.

The above can be made with chicken, mutton, beef, fish, brains, vegetables or hard boiled eggs and sardines. The secret of a good curry is frying and simmering.

HAM FRITTERS

Ingredients:

Slices of ham
Cayenne pepper
1 teacup milk
1 egg
1 tablespoon flour
Parsley

Instructions: Cut the ham neatly. Dust with pepper. Prepare overnight, a batter from the milk, egg and flour. Beat well before dipping the ham in, then fry in boiling fat. Drain and serve on a hot dish with fried parsley.

STEAK AND YORKSHIRE PUDDING PUFFS

Ingredients:

2 lb. juicy steak
1 cup bread-crumbs
Teaspoon dripping
Herbs, pepper and salt
1 small onion (minced)
1 egg
½ pint milk
4 ozs. flour
½ small teaspoon baking powder

Instructions: Take 2 lbs. of juicy steak (cut in one slice about three-quarters of an inch thick), season one cup fine bread-crumbs with teaspoon dripping and herbs, pepper and salt to taste, and one small onion finely minced. Mix all well and spread over the steak, roll up like a roly poly and secure with string. Dust with flour. Roast in baking dish with plenty of dripping for one hour, basting frequently. When in the oven 40 minutes pour the following puff mixture into dish, a spoonful at a time:—Beat one egg well, add half a pint of milk, sift in flour and baking powder mixed, a pinch of salt. Mix well. Serve with brown gravy. When cooked place roll on dish and place puff round.

Bottles can be cleaned more efficiently if they are returned every day.

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CHOPS IN BATTER

Instructions: Bake chops until done, pour off fat. Batter: One cup milk, 1 egg, 1 teaspoon baking powder, pour over chops and bake for ten minutes.

TRIPE AND TOMATOES

Ingredients:

Breadcrumbs
Sliced onions
Tomatoes
Stewed tripe
1 oz. butter (melted in hot milk)

Instructions: Butter a deep pie-dish, and cover the bottom with a thick layer of bread-crumbs. Fill the dish up with alternate layers of onions, tomatoes and the tripe cut into small squares. Finish with a layer of bread-crumbs. Pour over the 1 oz. butter in hot milk; cover and bake slowly for one hour.

TRIPE AND BACON

Ingredients:

Stewed tripe
Bacon
Chopped onion
Chopped parsley
Stock
Milk
Cornflour
Potatoes

Instructions: Cut the cooked tripe into long strips, about three inches wide. Lay a slice of bacon on each, sprinkle with chopped onion and parsley; roll up and tie firmly with string. Place the rolls in a casserole or saucepan, cover with stock and cook slowly for one hour. Thicken the sauce with milk and cornflour, and serve with a border of potatoes, either fried or mashed.

TOAD IN THE HOLE

Ingredients:

1½ lbs. rump steak
½ lb. sheep's kidneys
Pepper and salt to taste
3 eggs
4 tablespoons flour
½ pint of milk

Instructions: Cut rump steak into fair-sized bits, add kidney (cut in small pieces), pepper and salt to taste, 3 eggs in a batter of 4 tablespoons flour and half a pint of milk and cook for an hour. For a small family half the quantities, or less, would be required.

DELICIOUS TEA DISH

Instructions: Mince up any left over cold meat, season to taste. Then whip up an egg with a pinch of salt. Add about half a cup of milk, a cup of flour, also a teaspoon of baking powder. Add minced meat to the batter, stir well, and bake in greased roasting dish till brown. Serve hot with any sauce.

Return your empty milk bottles daily and avoid shortages.

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POULTRY AND GAME

As with other meats, poultry and game may be cooked with milk to give welcome changes in the menu, and in every case the result is not only pleasurable to the palate, but the food is made more easily digestible and its nutrition value enhanced.

CHICKEN CREAMS

Ingredients:

4 oz. chicken
1 oz. ham
1 teacup milk
1 oz. margarine
White sauce
1 dessertspoon flour
Yolk of 1 egg
Seasoning
Chopped parsley

Instructions: Chop the meat and add to a sauce made from the milk, margarine and flour. Add the yolk of one egg and seasoning. Grease some moulds, put a little chopped parsley in the bottom of each, fill with the mixture, sprinkle with a little finely-minced ham, steam for 20 minutes, turn out, and serve on a dish, surrounded by white sauce. (See sauces.)

Please return your empty milk bottles every day.

FRICASSEE RABBIT OR FOWL

Ingredients:

1 rabbit or 1 fowl
1 onion
1 pint water or white stock
½ pint milk
1 tablespoon flour
1 teaspoon salt if water is used
⅛ teaspoon pepper
1 teaspoon chopped parsley
1 stick white celery if liked

Instructions: Soak rabbit in warm salted water for a quarter hour, wipe dry and cut into neat joints. If fowl is to be used the skin should be removed, and the fowl cut into neat joints. Place meat into a saucepan with water, salt, pepper, and onion and celery cut into dice; bring to boil, simmer till tender (1½ to 2 hours). Blend flour smoothly with some of the milk, remove meat, add remainder of milk, bring to boil, stir in blended flour, cook gently for three minutes, add parsley, return meat to saucepan, re-heat and serve on hot dish.

Milk contains the greatest assortment of nutritive substances of all single food materials. It constitutes the foundation upon which an adequate diet can be most safely and most easily constructed. And it is the greatest food bargain you can find. When you learn the truth of this you will hesitate to let a day go by without a glass of milk.

RABBIT—DEVILLED

Ingredients:

Joints of cold cooked rabbit
Melted butter
Salt, pepper and made mustard
Cayenne
Breadcrumbs (preferably brown)
Good dripping
White sauce

Instructions: Brush the rabbit with a mixture of the melted butter, salt, pepper, mustard and cayenne, and then cover with fine bread-crumbs. Place these in a tin with a quantity of dripping, and bake for ten minutes in a quick oven, basting well. Serve with white sauce. (See sauces.)

SOUFFLE DE POULET

Ingredients:

Remnants of cold chicken
Bacon
Parsley
2 eggs
Butter
Pepper and salt
4 tablespoons of thick white sauce
Breadcrumbs

Instructions: Chop the chicken, bacon and parsley very finely and pound it in a mortar. Beat well the yolks of two eggs, mix with the white sauce, and add to the pounded chicken with pepper and salt. Prepare several china souffle moulds, or one large one, by buttering well and lining with bread-crumbs. Beat up the egg whites very stiffly and fold them into the chicken mixture. Pour in the mould or moulds, taking care that they are not more than three-quarters full. Bake in an oven until well risen and nicely browned—about 15 minutes. Turn out and serve at once with white sauce and garnish with parsley. (See sauces.)

CREAMED CHICKEN WITH PEAS

Instructions: Take 1½ cups diced chicken, 1½ cups medium white sauce, ¼-cup thin cream, and two-thirds cup of cooked peas. Make the white sauce. Add the cream, chicken and peas, and serve either in potato nests or on toast.

Milkmen sometimes find curious notes left out in the milk bottles:—

"If you are the same milky who saw me staggering home yesterday morning, please forget it, I'm trying to."

"Can't spare any more cash for milk, must keep emergency fund for taxi. Baby due any time."

Going away for the school holidays. No more milk. Will leave a note in the bottle the day before we come back.

VEGETABLES

Vegetables served as a separate dish for luncheon, or in the diet of vegetarians, must be balanced in body-building substances. This may be done by "dressing" the vegetables with a rich melted butter sauce made with milk.

VEGETABLES WITH MILK

Instructions: Brussels sprouts, small onion, potatoes cut in slices, carrots and turnips cut in dice, celery (outside leaves will do), shredded cold cabbage or cauliflower, and any other cold vegetable that wants using up. Put all together into an earthenware pie-dish with about 1 oz. of butter, salt and pepper, and just enough milk and water to cover. Stew gently until the raw vegetables are soft. Blend a dessertspoonful of flour with a little cold water. Pour in and bring to the boil. Serve in the pie-dish.

This is a most economical and satisfying dish, and very delicious. Any cold or cooked vegetables may be used—fresh tomatoes or celery are excellent for flavour, cold haricot or runner beans, potatoes and onions make a very good foundation.

LETTUCE—STEWED

Ingredients:

6 lettuces
2 small onions
3 oz. margarine or butter
½ pint white stock
3 tablespoons white sauce
Seasoning

Instructions: Parboil the lettuces; drain well. Fry the onions in the melted margarine in a saucepan; add the lettuces, seasoning and stock. Place in the oven and let it simmer for half an hour. Place the lettuce on a dish and pour the white sauce over it.

CAULIFLOWER

Instructions: Trim off the outside leaves and the hard stalk; separate the flowers as much as possible without breaking them and put into a bowl of cold salted water; leave standing head downwards for half an hour before cooking. Put it into boiling water with salt and cook for half an hour. When the flower part is tender take it out carefully and drain. Serve in a hot vegetable dish and cover with white sauce. (See sauces.)

Food and Drug regulations require that milk shall contain not less than 3.25% Milk fat and 8.5% Milk solids other than fat. The chief constituents of milk are Milk or butter fat: Casein and albumin—milk protein—Lactose or milk sugar; and mineral matter.

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BAKED ONIONS

Ingredients:

1 doz. medium-sized onions
1 oz. butter
1 pint milk
2 tablespoons tapioca
Chopped parsley
Pepper and salt

Instructions: Cook the onions in boiling salted water until tender. Then drain and put in a buttered pie-dish. Add the milk and the tapioca, the butter, pepper and salt, and about a tablespoon of finely-chopped parsley. Cook in a moderate oven for three-quarters of an hour. Serve in a pie-dish.

ONION AND APPLE SAVOURY

Instructions: Cut up one large white onion finely, and two large apples, stew till tender with a little water, butter, pepper and salt. Turn into a pyrex dish.

Pour over two eggs (beaten), 1 cup milk, half a cup breadcrumbs, 2 ozs. grated cheese. Put a few pieces of butter on top and bake in a good oven for 30 minutes.

BEETROOT AND POTATO

Ingredients:

1 or 2 cooked beetroot
2 onions
2 ozs. butter
1 tablespoon flour
1 dessertspoon vinegar
1 pint milk
1 teaspoon sugar

Instructions: Slice onion very thinly. Put into pan with the butter and pepper and salt, and cook for 10 minutes, not browning them. Mix in the flour and then the milk and stir until boiling. Then add the beetroots, cut into thin neat pieces. Cover the pan and cook slowly for 20 minutes. When ready add the vinegar and sugar. Arrange a border of mashed potato on a hot dish. Put the beetroot in centre and sprinkle with finely-chopped parsley.

CABBAGE STEWED IN MILK

Instructions: Slice an onion and let it steam in a little water and a piece of butter. Then add finely-shredded cabbage and let steam until tender. Add one tablespoon flour, one teaspoon sugar, pepper and salt, and about half a cup of milk, stirred into a paste. Boil a few minutes with lid off before serving.

SAVOURY POTATOES

Instructions: Fill a pie-dish with alternate layers of sliced raw potatoes and Spanish onions. Season with salt and pepper. Put a few small pieces of butter on the top. Cover with milk and water (three parts milk to one part water) and cook in a moderate oven for an hour. This is an excellent supper dish, or may be served with cold meat for lunch.

For clear heads and strong bodies be sure to include milk with every meal.

THE SWEETS COURSE

Naturally milk enters more largely into the sweets course than any other of the principal meals of the day. The Milk Pudding is even more universal in the menu of the average household than "the roast beef of old England," and certainly more health-giving. The variety of uses of milk in the sweets course is so great that it would be impossible to print all the recipes in one volume, but here are a few favourite dishes.

MILK DESSERTS

Milk Puddings are made in the proportion of one tablespoon of rice, sago, tapioca, cornflour, etc., to one breakfast cup of milk. Previous soaking is desirable, sugar and flavouring may be added according to taste, and the secret of success lies in slow cooking. If eggs are added, let the grains be cooked first.

Custards must be cooked slowly to prevent curdling, and an average proportion is one egg to one cup of milk. Use more eggs if a richer mixture is desired, and add sugar and flavouring to taste. If baked, the pudding dish may be placed in the oven inside a second dish containing water, and if boiled or steamed the water in the saucepan must not be allowed to heat beyond simmering point.

ANGELS' FOOD

Ingredients:

6 sponge cakes
1 oz. blanched almonds
1 oz. glace cherries
1 oz. cornflour
1 oz. sugar
Strawberry jam
1 pint milk
Juice of lemon
1 egg (beaten)

Instructions: Split the sponge cakes and spread them with the jam and squeezed lemon juice. Boil half a pint of milk. Mix the sugar and cornflour smoothly, with half a pint of cold milk and pour it into the hot milk, stirring till it boils. Stir in the egg, and pour the custard over the cakes. Cut the almonds into strips and stick them into the cakes. Decorate with cherries.

COCONUT PUDDING

Ingredients:

1 breakfastcup bread-crumbs
1½ breakfastcups dessicated coconut
Butter or margarine
1 egg
2 tablespoons sugar
1 pint milk

Instructions: Mix the bread-crumbs, sugar and coconut together and beat up the egg, add the milk and mix together in a basin. Pour into a greased pie-dish, cut the butter or margarine up in little pieces, sprinkle over the top and bake in a moderate oven.

BARLEY PUDDING

Ingredients:

2½ ozs. pearl barley
1 pint milk
1 tablespoon custard powder
¾ oz. butter
Grated nutmeg
1 oz. sugar

Instructions: Soak the barley overnight in the milk, then bring it very gradually to the boil, and cook gently for half an hour to three-quarters. Mix the custard powder smoothly in a little cold milk, stir it carefully into the simmering barley, then add the sugar and half the butter. Grease a pie-dish thickly with the rest of the butter, pour in the barley, and sprinkle with grated nutmeg. Bake in a slow oven for about an hour.

PANCAKES

Ingredients:

1 teacup flour
1 teaspoon baking powder
Pinch of salt
2 eggs
Milk
Butter or lard (for frying)

Instructions: Mix together well, flour, salt and baking powder. Add eggs, well beaten, and enough milk to make a smooth thin batter. Put the batter into a jug. Put some lard or butter into a clean frying pan, make smoking hot, then pour in enough of the batter to cover the bottom of pan. After a minute or two, as soon as it has set, loosen the edges with a knife, turn over and fry the other side to a nice brown. Sprinkle with sugar, roll up and serve at once on a hot plate.

BLANC MANGE

Ingredients:

3 tablespoons Robinson's "Patent" Barley
½ oz. pure gelatine
1 pint hot milk
Sugar and flavouring to taste

Instructions: Soak the gelatine in a little cold water for an hour; mix the barley smooth with water and add it and the gelatine to the milk and boil for 2 or 3 minutes. Add sugar and flavouring and pour into a wetted mould.

BANANA PUDDING

Ingredients:

2 oz. butter
2 oz. flour
3 gills milk
2 oz. sugar
2 eggs
2 bananas
1 teaspoon castor sugar

Instructions: Place the butter in a saucepan, and add by degrees, the flour, then the milk, and let all boil for a few minutes. Take from the fire, and add 2 ozs. sugar, the yolks of eggs, and the bananas cut into small pieces. Place all in a pie-dish and bake for 20 minutes. Whisk the whites of the eggs to a stiff froth, add the castor sugar, and place roughly on the pudding. Return to the oven for a few minutes till the froth is a light brown.

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MILK JELLY WITH FRUIT

Ingredients:

1 pint milk
2 dessertspoons Davis gelatine
½ oz. glace cherries
Vanilla essence
Carmine

Instructions: Melt gelatine carefully in four tablespoons of hot water—on no account must it boil—warm the milk and strain the gelatine into it. Add the sugar, vanilla to taste, and the cherries cut very small, then a few drops of carmine to make a delicate pink. Keep the mixture in a basin until about to set, stirring often to prevent the cherries sinking to the bottom. Pour into a wetted mould and leave until set.

TOAST MERINGUE

Instructions: Cut one slice of bread ¼-inch thick, remove crusts, and toast on both sides. Heat one-third of a cupful of milk in a small omelet pan, and when the milk is nearly at the boiling point add half a teaspoon of butter and the white of one egg beaten until stiff and sprinkled with a few grains of salt. Fold the egg over and over in the milk until firm, then pile on the toast; pour around the toast the milk that the egg has not absorbed. Garnish with a sprig of parsley.

HASTY PUDDING

Ingredients:

1 pint milk
4 tablespoons flour
2 tablespoons sugar
1 oz. butter

Instructions: Put the milk into an enamel saucepan and boil, mix the flour with a little cold milk till quite smooth, stir in some of the boiling milk, return it all to the saucepan and stir till it thickens; then mix in the sugar; put the butter into a souffle dish and heat in the oven till it is melted, pour in the flour and milk mixture and bake slowly for about 15 minutes. This may take the place of custard when served with hot stewed fruit.

CARAMEL JUNKET

Ingredients:

4 tablespoons sugar (caramelised)
4 tablespoons water
3 tablespoons granulated sugar
Few grains salt
½ teaspoon vanilla
1 pint milk
½ teaspoon rennet

Instructions: Add water to caramel sugar and cook to thick syrup. Add syrup, sugar, salt and vanilla to milk and cool to blood heat. Add rennet to tepid mixture and pour into serving dish.

Put out your empty milk bottles every day. If a second trip takes just 15 seconds, this time will in the course of a normal delivery, amount to at least two hours wasted.

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DATE PUDDING

Ingredients:

1 lb. dates
1 breakfastcup brown bread-crumbs
2 oz. flour
1 egg
1 cup milk
1 oz. sugar

Instructions: Soak the bread in three-quarters of the milk; add the sugar. Stone and cut up the dates; add them to the bread-crumbs and flour. Beat up the egg with the remainder of the milk; add it to the other ingredients. Grease a basin and put into it a few pieces of date. Fill the dish with the mixture, cover with greased paper and steam for two hours.

APRICOT MOULD

Ingredients:

4 ozs. dried apricots
1 pint milk
¾ oz. gelatine
3 ozs. sugar
1 oz. sweet almonds
A little whipped cream

Instructions: Soak the apricots for 24 hours in plenty of cold boiled water. Put them in a stewpan with 2 ozs. sugar and simmer till tender.

Blanch the almonds and cut them into small strips. Put the milk in a double saucepan, with the remainder of the sugar and the gelatine, and boil very gently until the gelatine has dissolved. Add half the apricots cut small and the almonds. Turn into a mould, and leave till set. It is best made the previous day.

Strain the juice from the rest of the apricots, put it in a saucepan, and boil rapidly until it is a thick syrup, pour it back over the apricots and leave until cold.

When required, turn out the mould on to a dish, garnish with the apricots and whipped cream, and pour the syrup round.

SWISS PUDDING

Ingredients:

4 large apples
A little milk
Some melted butter
Stale sponge cakes or rusks
Sugar to taste

Instructions: Peel and core the apples, cut up into small dice, and sweeten to taste. Beat up the rusks or sponge cake with a fork after soaking them in milk until soft, and put alternative layers of apples and rusks in a well-greased pie-dish. Pour melted butter or margarine over the top, and bake until a golden brown.

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STEAMED PRUNE PUDDING

Ingredients:

6 ozs. flour
6 ozs. bread-crumbs
3 ozs. shredded suet
¾ lb. granulated sugar
¼ lb. prunes
A pinch of ground cinnamon
1 egg
¼ pint milk
A pinch of salt

Instructions: Take the stones out of the prunes, crack them and blanch the kernels. Cut the prunes into small pieces. Add a pinch of salt to the flour, and put it through a sieve. Mix with it the breadcrumbs, finely-chopped suet, the prunes, cinnamon, sugar and kernels. Add the egg well beaten, and the milk. Turn into a well-buttered mould or basin, and steam for three hours. Serve with butter cream sauce.

CARROT PUDDING

Ingredients:

1 teacup grated carrots
1 teacup bread-crumbs
¼ lb. sugar
1 lemon
1 pint hot milk
2 tablespoons chopped raisins
¼ tablespoon mixed spice
2 eggs
Pastry

Instructions: Mix the carrots and breadcrumbs; pour over the hot milk; allow to cool and add the sugar, dissolved in the juice of the lemon, and the grated rind of same, raisins, mixed spice, and the eggs, well beaten. Mix thoroughly, and pour into a pie-dish lined with pastry. Bake till set in a slow oven.

COUNTRY PUDDINGS

Ingredients:

1½ cupfuls flour
1 gill milk
1 cupful sugar
1 teaspoon baking powder
1 oz. butter
2 eggs

Instructions: Cream the butter and sugar, and add the yolks of the eggs, well beaten. Add the milk and lastly sift in the flour gradually. When this is quite smooth, stir in the whites of the eggs, whisked to a stiff froth. Grease small fancy moulds very well, pour in the mixture, and bake till done.

CHOCOLATE JUNKET

Ingredients:

1 teaspoon chocolate
1 pint milk
1 oz. castor sugar
Junket powder or liquid

Instructions: Make the chocolate into a smooth paste with a little of the milk; add the sugar. Heat the milk until it is just lukewarm; add the chocolate and sugar; stir well; then add the junket powder or liquid (following the directions on the bottle for the quantity necessary). Stir thoroughly; pour into a glass dish. Serve when cold.

CHOCOLATE MOULD

Ingredients:
1 pint milk
2 ozs. cornflour
1 oz. butter
1 tablespoon grated chocolate
1 tablespoon sugar

Instructions: Take two tablespoons of milk from the pint and use it to mix the cornflour to a cream; boil the rest of the milk; mix the sugar and chocolate powder together and add to the cornflour, stir some of the hot milk into the mixture, pour it into the rest in the saucepan, add the lump of butter and stir till it has boiled 4 minutes. Pour into a wet mould and turn out when cold.

COFFEE MOULD

Ingredients:
1 pint milk
2 oz. cornflour
1 oz. butter
1 tablespoon sugar
2½ dessertspoons coffee essence

Instructions: Proceed in the same way as chocolate mould, using coffee essence in place of the grated chocolate.

BOILED CUSTARD

Ingredients:
1 egg
1 breakfastcup milk
1 teaspoon sugar
1 heaped teaspoon Edmonds Custard Powder (standard flavour)

Instructions: Put milk into saucepan, bring to the boil. Mix custard powder to a thin smooth cream with a little of the cold milk and stir it into the hot milk. Cook a few minutes, then pour on to the egg previously beaten with the sugar, stirring briskly. Return to fire and stir till egg is set. (Note:—The custard must not boil.)

EDMONDS CUSTARD

From a pint of milk take sufficient to mix one heaped dessertspoon of Edmonds Custard Powder to a thin smooth cream. Add a dessertspoon of sugar to remainder of milk, bring to the boil, and pour the mixed custard slowly into it, stirring all the time. Pour immediately into a jug; when cold, put in glasses. Grate nutmeg on if desired. Serve hot or cold with stewed fruit, puddings, etc. The addition of the beaten whites of 1 or 2 eggs whisked into the custard when cool makes a delicious custard sauce.

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MELROSE CREAM

Equal quantities of custard made with Edmonds Custard Powder (see above recipe), and liquid jelly made with Edmonds Jelly Crystals. Mix together when cool and put in a mould to set. An attractive dish can be made by using different coloured jellies.

JELLY FOAM

Make up a packet of Edmonds Jelly Crystals (any flavour). When about half set, whip briskly till foamy, then put aside to set. Serve with Edmonds Custard or whipped cream.

BANANA TRIFLE

Cut up 8 medium-sized bananas, put in a dish, cover with a thin layer of raspberry jam. Sprinkle with sugar and juice of lemon. Make a pint of Edmonds Custard and pour over. When cool add whipped cream. The addition of passion fruit juice to the bananas improves this recipe.

SEMOLINA CREAM

Ingredients:

1 egg
1¼ pints milk
2 teaspoons sugar
1 oz. semolina
½ oz. gelatine

Instructions: Soak the gelatine in a quarter of a pint of milk and soak the semolina in another quarter pint of milk for one hour. Remove the semolina to a saucepan; add a half pint of milk and the sugar, and let it just simmer for a half hour, then remove from the fire. Beat up the egg; pour in and stir well. Boil the remaining quarter pint of milk; pour on to the gelatine; stir well until all is dissolved, then add the other ingredients. Stir for some minutes, then pour into small moulds or cups.

BARLEY CUSTARD

Ingredients:

2 tablespoons "patent" barley
2 teaspoons sugar
1 egg
1 pint milk
Little essence of vanilla

Instructions: Mix the barley with a little of the milk, put the rest into a pan and when hot pour it over the barley. Now return it to the pan and stir until boiling, then add sugar and stir in the beaten egg. Allow to cool, then strain and add a few drops of flavouring.

MILK JELLY

1 oz. gelatine
1½ oz. castor sugar
1 pint of milk
Lemon peel

Instructions: Soak the gelatine in ½ pint of cold milk for ½ hour. Add the sugar and a piece of lemon peel to the remainder of the milk in a saucepan; heat nearly to boiling point. Strain; stir until it is creamy, then pour into quite small cups previously wetted. To make this dish attractive a few drops of colouring solution may be added.

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ABERDEEN PUDDING

Ingredients:

2 ozs. good pearl barley
5 ozs. sugar
1 oz. shredded suet
1 quart milk
Nutmeg to taste

Instructions: Let the barley soak for 12 hours, then strain it. Mix the barley with the sugar in a greased pie-dish, add the suet, pour the milk over, sprinkle some grated nutmeg over the top, and then bake the pudding in a very gentle oven for three hours, or until it is like a thick cream. This is very good served with stewed figs or prunes, jam or custard.

STEAMED COCONUT PUDDING

Instructions: Beat ¾ cup sugar and 3 tablespoons dripping, or butter, to a cream. Add ¾ cup coconut, I breakfast cup of milk and lastly one heaped cup flour and 1½ teaspoons baking powder. Put 3 flat tablespoons golden syrup in bottom of greased basin, add mixture and steam 2½ to 3 hours. Mix in order given.

ORANGE MERINGUE PUDDING

Ingredients:

4 oranges
2 eggs
¾ pint milk
4 ozs. granulated sugar
2 lumps loaf sugar
A heaped teaspoon cornflour

Instructions: Rub the yellow part of the peel of one orange on to the lumps of sugar.

Cut the oranges in slices across, remove the rind and pips, and put the slices in the bottom of a pie-dish.

Mix the cornflour with a little cold milk, heat the remainder, and when it boils pour it on the cornflour, return it to the saucepan with the two lumps of sugar, and stir whilst it boils for three or four minutes. Beat up the yolks of the eggs, pour the hot—but not boiling—cornflour on them, and mix well. Pour this over the oranges and leave until cold.

Whip the whites of the eggs until they are quite stiff and there is no liquid left. Stir in the sugar gradually, and beat up again. Pile or pipe this on the cold cornflour and bake the palest biscuit colour in a very moderate oven. Serve hot or cold.

SCHOOL PUDDING

Ingredients:

1½ lbs. bread
3 ozs. sugar
1 egg
½ pint milk
1 teaspoon spice or ginger
1 large tablespoon red jam

Instruction: Soak the bread, cut into small pieces, in cold water for one hour. Squeeze as dry as possible with your hands and beat up with a fork. Add the sugar, egg, beaten well, milk, and spice or ginger. Put a good tablespoon of red jam into the bottom of a large pudding basin, and pour in the bread mixture, filling the basin nearly full. Tie a cloth over the top and steam for an hour and a half. Loosen the pudding carefully with a knife and turn it out. No sauce is necessary, as the jam runs down the sides of the mould.

SURPRISE PUDDINGS

Ingredients:
4 ozs. flour
1 egg
Milk as required
2 ozs. sugar
3 tablespoons jam

Instructions: Spread the jam at the bottom of little greased moulds, and sprinkle the sugar over them. Beat the egg, and add to it enough milk to make the flour into a creamy batter. Pour this batter slowly into the moulds, and bake it in a hot oven.

SPANISH CREAM

Ingredients:
1 pint milk
1 oz. gelatine
2 eggs
2 ozs. sugar
Favouring

Instructions: Soak gelatine in milk for half an hour. Beat yolks of eggs and sugar to a cream. Stir over fire until almost boiling. Let cool and then stir in beaten whites of eggs and put into a mould to set.

CARAMEL RICE

Ingredients:
4 ozs. rice
2 pints milk and water
A little nutmeg
6 lumps sugar
1 egg

Instructions: Stew the rice in the milk and water until quite tender, then mix in a well-beaten egg. Boil the sugar in a gill of water until it caramels, line a greased mould with it, and put in the mixture. Cover with greased paper and steam for half an hour.

SAGO AND FIGS

Ingredients:
¼ lb. sago
½ lb. figs
1 oz. butter
2 pints milk
A pinch of salt

Instructions: Put the sago, milk and salt into an enamelled pan, and cook until the sago is clear—about 20 minutes. Add the chopped figs and butter. Pour into a greased pudding basin and steam for one hour, or into a greased pie-dish and bake for 30 minutes.

MILK PUDDING WITHOUT EGGS

Ingredients:
1 pint milk
½ oz. butter
2 ozs. rice or other cereal
A pinch of salt
1 oz. sugar
And any flavouring preferred

Instructions: Use the butter to grease a pie-dish. Mix the milk, sugar, salt, and flavouring with the cereal, and pour the mixture into a greased pie-dish. Place in a moderate oven, and cook slowly until the cereal is quite soft.
Stir occasionally when the pudding is beginning to cook to prevent the grain sticking to the bottom.

ROSE PUDDING

Ingredients:

¼ lb. ground rice
1½ ozs. butter
Cochineal
2 ozs. sugar
1 quart milk
Stewed fruit or jam
1 teaspoon rose-water

Instructions: Boil the milk, and add the rice (mixed to a smooth cream with cold water), the sugar and butter. Cook this for a quarter of an hour, stirring all the time. Colour with cochineal to a pretty pink, add a teaspoon of rose-water, and when slightly cool pour it over jam or stewed fruit in a glass dish. Serve cold.

ORANGE CREAM

Instructions: Boil the thinly-cut rind of four oranges in one pint of milk and ½lb sugar for 10 minutes. Remove from fire and stir in ½oz melted gelatine. Strain and let the cream become cold. Then begin to whisk, and as it begins to set add by degrees the strained juice of the oranges and one lemon. Continue whisking until the cream becomes a light froth and is beginning to set. Turn into a wetted mould and leave for 5 or 6 hours.

JUNKET

Ingredients:

1 quart milk
1 teaspoon rennet
Sugar to taste
Flavouring if desired.

Instructions: Add one teaspoon of rennet to one quart of warm milk (not above 110 deg. F.). Stir well for half a minute and leave undisturbed in a warm place for 5 minutes or until set. Then keep in a cool place or in the refrigerator until required. The milk may be previously sweetened by the addition of about a tablespoon of sugar and may be flavoured with fruit essence or chocolate. After stirring in the rennet the milk may be poured into separate bowls. Served this way it is much more pleasing and dainty. Raspberries, strawberries or stewed fruit with whipped cream are a delightful addition. Extra cream and a little sugar may be added to the milk before making the junket.

NORWEGIAN JUNKET

(This is ideal for a children's party)

Instructions: Take sufficient milk to allow a wine glass per child and warm. Take one-third of milk and to it add enough Lemon rennet to set it. Pour an equal amount into each wine glass (have the glasses on a tray). Leave in a warm place to set (5 minutes). While the first layer is setting, take half the remaining milk and prepare Orange junket. Add carefully, before it sets, to the first layer in wine glasses. Leave to set. Prepare raspberry junket with the last of milk and add as before. When set top with whipped cream and garnish with a crystallised cherry and a little grated orange rind. Any variations may be used in flavours.

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JUNKET FLUFF

Ingredients:

1 pint milk
1 small teaspoon rennet
3 dessertspoons castor sugar
White of an egg
12 drops lemon essence

Instructions: First make the junket. Put the milk in a saucepan with a dessertspoon of sugar and make it just lukewarm. Stir in the rennet, pour into a glass dish and leave until firm. Whip the white of an egg until it is quite stiff, stir in lightly the remainder of the sugar and flavouring, pile this fluff on the junket and serve at once.

TAPIOCA CREAM

Ingredients:

4 tablespoons pearl tapioca
4 cups milk
4 tablespoons sugar
4 eggs
Vanilla flavouring

Instructions: Soak tapioca in one cup cold water for several hours or overnight. Cook in double boiler in the milk till tapioca is clear. Add sugar and egg yolks beaten smooth, a pinch of salt, and flavouring to taste. Cook three minutes and pour in buttered pudding dish.

MORNING, NOON AND NIGHT

ARE ALL GOOD TIMES AT WHICH TO DRINK MILK

MORNING

Why let the day's work tire you out, when, by having a glass of milk in the middle of the morning, you can still be as fresh at the end of the day?

NOON

To get the best out of the day and ensure 100% efficiency, have a milk pudding or a milk drink with your midday meal.

NIGHT

To make "Good Night" really mean a good night, drink a glass of milk just before you go to bed. You'll be making sure of it then.

MILK MEANS HEALTH

CAKES, SCONES AND GEMS, ETC.

Cake-making is probably the housewife's favourite department of the culinary art, and here milk is one of her most valuable allies. Cakes, scones, gems, biscuits, pikelets, and all the other numerous delicacies which help to make the home happier can be varied and improved by the addition of milk.

DOUGHNUTS

Ingredients:

2 cups flour
2 teaspoons baking powder
1 cup milk
1 tablespoon sugar
1 egg
A little salt

Instructions: Beat sugar and egg. Add milk, then flour, powder and salt. Drop dessertspoonfuls into deep boiling fat or butter and cook light brown.

GEMS

Ingredients:

1 egg
3 tablespoons milk
1 cup flour
2 tablespoons sugar
1 dessertspoon melted butter
1 teaspoon (large) baking powder

Instructions: Beat sugar and egg together. Add milk then flour, melted butter and last of all the baking powder (just before putting in irons). Irons must be hot and put in each a little butter which should sizzle.

PIKELETS

Instructions: Beat 2 tablespoons of sugar with 1 egg till light and frothy. Add scant cup of milk, 1½ cups of flour, 1½ teaspoons of baking powder. Mix well together and then add one tablespoon of hot water and one tablespoon of butter (water and butter are secret of light pancakes). Drop in spoonfuls on greased girdle or oven tray.

JOHNNY CAKE

Ingredients:

1½ cups flour
1½ cups bran
1 cup milk
2 tablespoons sugar
1 egg
1 teaspoon soda
½ teaspoon cream of tartar
2 tablespoons butter
2 tablespoons golden syrup

Instructions: Cream butter and sugar. Add egg, then syrup, then soda dissolved in milk, then flour, etc. Bake about one hour.

Milk in itself is not fattening. It nourishes you without need of heavier, fat-producing foods. Try it—even when reducing.

PUMPKIN SCONES

Instructions: Beat 1 tablespoon butter with ½ cup of sugar. Add 1 egg. Beat well and add I cup of cooked mashed pumpkin (cold), 2¾ cups flour, 4 heaped teaspoons of baking powder. Mix thoroughly with ½ cup of milk. Bake in hot oven.

MARBLE CAKE

Ingredients:

1 cup butter
2 cups sugar
4 eggs
1 cup milk
Pinch salt
3½ cups flour
3 teaspoons baking powder
½ cup raisins
2 tablespoons cocoa
2 tablespoons treacle
1 teaspoon cinnamon
½ teaspoon each of nutmeg and spice
½ teaspoon vanilla essence

Instructions: Cream butter and sugar, add well beaten eggs, then milk, then add flour, rising and salt sifted together. Divide mixture in two, to one add spices, treacle, cocoa, and raisins. To the other half add vanilla essence. Put alternate spoonfuls of mixture in cake tin and bake one hour in moderate oven.

MYSTERY CAKE

Ingredients:

¼ lb beef dripping
¼ lb. butter
1½ cups sugar
3 teaspoons cocoa
1 egg
1½ cups milk
3 cups flour
1 teaspoon cinnamon
¾ teaspoon spice
Salt to taste
3 heaped teaspoons of baking powder
½ lb. currants, sultanas, dates, walnuts, raisins (mixed)

Instructions: Cream butter and dripping with sugar, add egg, milk or water, and cocoa, previously beaten together. Then add flour sifted with cinnamon, spice, salt, and baking powder. Mix well and add fruit. Its size and goodness will be the solution to the mystery cake, after baking in a moderate oven 1½ hours.

RIBBON CAKE

Ingredients:

3 eggs
3 cups flour
3 teaspoons baking powder
1 cup milk
½ cup butter
1½ cups sugar

Instructions: Cream butter and sugar, add eggs well beaten. Mix flour and baking powder, and add alternately with milk. Mix well and divide into three, colour one brown, one pink, and leave one white. Bake in sandwich tins. Put together with any filling preferred. Ice top if desired.

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VINEGAR CAKE

Ingredients:

3 cups flour
1 cup sugar
1½ cups dripping
1 cup sultanas or currants
1 cup raisins
1 cup milk
1 piece of peel (if liked)
2 teaspoons carbonate soda dissolved in milk
1 dessertspoon golden syrup (warmed)
2 tablespoons vinegar

Instructions: Rub dripping into flour, then add syrup, sugar and fruit. Make a hole in centre and pour in milk with soda, give a few stirs and then stir in vinegar last. Cook in fairly deep tin for 2½ to 3 hours in fairly hot oven.

GINGERBREAD

Ingredients:

1 cup molasses
1 cup sour milk
2⅔ cups flour
1¾ teaspoons soda
2 teaspoons ginger
½ teaspoon salt
¼ cup melted butter

Instructions: Mix soda with milk and add to molasses. Sift together remaining dry ingredients, combine mixtures, add butter and beat well. Pour into buttered shallow pan. Bake 30 minutes in a moderate oven.

WONDER CAKE

Ingredients:

½ lb. butter
¼ lb. sugar
½ lb. flour
¼ lb. walnuts (not chopped)
½ lb. dates (stoned but not chopped)
1 teaspoon cocoa
1 teacup milk
1 teaspoon vinegar
1 teaspoon baking powder

Instructions: Cream butter and sugar, add cocoa, dates, nuts, vinegar and beat well. Then add flour and soda in milk. Bake in moderate oven for 35 minutes. When cold, ice with chocolate icing and sprinkle with chopped nuts.

EGGLESS WALNUT CAKE

Ingredients:

½ lb. butter
½ lb. dates
½ lb. sugar
1 dessertspoon treacle
1 tablespoon cocoa
1 teaspoon baking powder
4 teaspoons vinegar
1 large cup milk
½ lb. chopped walnuts
2 large cups flour
2 teaspoons baking soda
A little vanilla

Instructions: Beat butter and sugar till light, add milk with treacle and soda (heated), add flour, cocoa, baking powder, then dates, and nuts, and lastly vinegar and vanilla. Bake for three-quarters of an hour. Ice top.

It's no fun to be sick. Drink milk, it is Nature's noblest medicine.

DELICIOUS SANDWICH

Instructions: Beat one cup sugar and ½ cup butter to a cream, then add three eggs one at a time, and beat for about 15 minutes. Next sift in 1 cup flour, ½ cup cornflour, 2 teaspoons baking powder, pinch salt. Mix lightly and add ½ cup milk. Divide mixture, colour ½ pink and flavour with vanilla, flavour other half lemon essence, and bake in good oven.

EGGLESS SPONGE

Ingredients:

¼ lb. butter
½ lb. sugar
10 ozs. flour
2 teaspoons golden syrup
2 teaspoons cocoa
1 teaspoon cinnamon
2 level teaspoons soda
1 large cup milk
½ cup nuts

Instructions: Beat butter and sugar, add half the milk with syrup, then other ingredients and other half of milk with soda dissolved in it, and warm milk. Ice with chocolate icing. A nice school lunch cake.

PRESS CAKE

Ingredients:

2 cups sugar
1 cup butter
1 cup milk
2½ cups flour
2 teaspoons baking powder
4 eggs

Instructions: Cream butter and sugar, add eggs well beaten, and flour, and baking powder (mixed) alternately with milk. Bake two-thirds mixture in two sandwich tins. To the other add one tablespoon of treacle, half a cup of fruit (raisins, currants, peel), ground cloves, nutmeg, spices to taste and bake in sandwich tin. Put together with mock cream filling, and ice the top if desired.

BREAD CHEESE CAKES

Ingredients:

A small loaf
1 pint cream
4 eggs
¼ lb. butter
¼ lb. margarine
1 nutmeg (grated)
½ lb. currants
1 spoonful white wine or brandy

Instructions: Slice the loaf as thinly as possible; bring the cream to the boil and pour over the bread, and allow to stand for two hours. Beat the eggs, butter, margarine and nutmeg well together, and mix into the cream and bread, with the currants, well washed and dried, and the wine or brandy. Bake in patty tins in a sharp oven.

If you are underweight plenty of milk in your diet is the best foundation for building up your body. If you are overweight milk will enable you to cut out many foods which make fat—and to reduce without loss of health or vitality.

CHEESE CAKES

Ingredients:

2 quarts soured milk
6 ozs. fresh butter
1 oz. ground almonds
A little orange-flower water
½ glass raisin wine
A grated biscuit
4 ozs. currants
Nutmeg
Cinnamon Powder
2 eggs
½ pint cream

Instructions: Strain the whey from the curd of the milk, when soured, and when rather dry, crumble it through a coarse sieve, and mix thoroughly with all other ingredients. Beat till quite light, and fill the patty tins three parts full. Cook in a moderate oven.

CHEESE CAKES—CURD

Ingredients:

1½ pints milk
1 dessertspoon rennet
1 egg
Puff pastry
2 tablespoons castor sugar
3 ozs. currants

Instructions: Warm the milk and mix with the rennet; when set drain through muslin; beat up one egg and mix it with the curd, adding sugar and currants. Line some patty pans with puff pastry, put some of the mixed curd in each and bake in a moderate oven.

JENNY LIND CAKE

Ingredients:

3 cups flour
1 cup sugar
1 cup milk
2 eggs
1 oz. butter
3 heaped teaspoons baking powder
1 lemon

Instructions: Mix the baking powder and flour together rub in the butter and mix in the sugar, the grated rind of the lemon, and the juice. Beat the eggs well into the milk, and add gradually to the mixture. Bake in a well-buttered tin for ¾ hour.

PRUNE CAKE

Ingredients:

½ lb. flour
2 teaspoons baking powder
2 oz. sugar
1 oz. candied peel
4 oz. margarine
1 tablespoon chopped prunes
1 egg
1 oz. sultanas
1 cup milk

Instructions: Rub the margarine into the flour; add the dry ingredients; beat up the egg with the milk; pour on. Beat up well. Bake in greased tin in quick oven.

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SEMOLINA CAKES

Ingredients:

½lb. flour
¼ lb. semolina
2 oz. castor sugar
4 oz. butter
1 egg
2 teaspoons baking powder
1 oz. currants
1 oz. sultanas
The grated rind of ½ lemon
1 cup milk

Instructions: Rub the butter into the flour; add the dry ingredients, beat up the egg with the milk; pour on and beat up well. Bake in small tins in hot oven.

LEMON TART

Ingredients:

1 tablespoon Edmond's Custard Powder, lemon flavour
1½ gills milk
2 eggs
2 tablespoons sugar
2 lemons
Pastry

Instructions: Mix the custard powder with 1½ gills of milk and boil up. When cold add the yolks of 2 eggs, well beaten, the sugar and the grated rind and strained juice of the lemons. Line a large plate with pastry, decorate the edges as for a tart and pour on the mixture and bake in a cool oven. When custard and pastry are cooked well, whip the whites of the eggs, heap them on top, sprinkle with sugar and return to the oven to crisp.

MILK IS NOT A FATTENING FOOD

PEOPLE often stop using milk because they are getting fat, thinking milk is the cause. These same people, however, eat potatoes, white bread, rice and even sweets, pies and pastries and other very fattening foods.

If they would continue to use milk and cut down the other foods they would find that milk is NOT fattening.

Milk is called the perfect food because it contains more of the food essentials in better proportion for the body than any other food.

Physicians recommend three glasses of milk a day for children—and two glasses a day of adults. Make up your mind now to follow the example of thousands of healthy citizens.

MILK SAUCES AND SALAD DRESSINGS

Nearly all sauces and dressings require milk for the foundation. The simple White Sauce made with milk can be converted by the use of condiments, flavourings or vegetables into an infinite variety of appetising adjuncts to vegetables, meats or fish, while for salad dressings milk is indispensable.

WHITE SAUCE (Unsweetened)

Ingredients:

2 ozs. butter
½ pint milk
1 dessertspoon cornflour

Instructions: Make a paste of the cornflour and milk. Place the butter in a saucepan, melt, pour on mixture and bring to the boil. Serve.

BOILED SALAD DRESSING (Economical)

Instructions: Make a very thin custard with 1 cup milk, 1 teaspoon custard powder, good pinch salt, dash of pepper, 1 teaspoon of made mustard, 3 tablespoons of sugar. When cold add enough vinegar to suit taste for salad dressing. Chop in one hard-boiled egg. If the white of egg is chopped coarsely, it stays on top of the salad as a decoration when dressing is poured over.

SOUR CREAM DRESSING

Ingredients:

1 cup thick sour cream
¼ teaspoon mustard
1 egg
Lemon juice
½ teaspoon salt

Instructions: Beat egg, salt, mustard and pepper together. Beat sour cream until thick. Add to egg mixture and beat until creamy. Add lemon juice. Grated cheese may be added and the mixture served on lettuce.

CUSTARD SAUCE

Ingredients:

½ pint milk
1 oz. sugar
Yolk of 1 egg
Favouring

Instructions: Bring milk to the boil, allow to cool for 2 or 3 minutes, then add the yolk of one egg; return to pan and stir till thick, taking care that the custard does not boil. Add sugar and flavouring to taste.

NUT SAUCE

Ingredients:

White sauce (unsweetened)
1 tablespoon finely grated nuts (any sort)

Instructions: Add the nuts to ½ pint white sauce, and heat up for three or four minutes.

SIMPLE SWEET SAUCE

Ingredients:

1 teaspoon cornflour
Lemon or vanilla flavourings
½ pint milk
1 dessertspoon sugar
A few scraps of butter

Instructions: This makes a delicious sauce for all kinds of boiled, steamed and baked puddings. The general method is to mix the cornflour to a paste with a little of the cold milk, pour boiling milk over, and return to the saucepan, with the sugar, to boil for 5 minutes; then add flavouring. Stir a few bits of butter into the sauce just before serving.

Any kind of essence or flavouring can be added after the sauce has boiled. A grating of nutmeg, a pinch of powdered ginger, or a couple of tablespoons of cooking sherry are very nice with "Spotted Dick" and other suet puddings.

MUSTARD SAUCE

Ingredients:

White sauce (unsweetened)
Mustard
Vinegar

Instructions: Make a plain white sauce and stir in one dessertspoon of mustard; when it has cooled a little add one tablespoon of vinegar.

SWEET WHITE SAUCE

Ingredients:

½ pint milk
Few drops essence
1 dessertspoon cornflour
1 dessertspoon sugar

Instructions: Blend the sugar and cornflour with a little of the milk, place remainder on to boil, stir in blended cornflour, and cook slowly for three minutes. Add essence and serve at once.

COOKED SALAD DRESSING

Ingredients:

1½ cups milk
2 eggs
2 tablespoons sugar
½ cup vinegar
1½ teaspoons mustard
1½ teaspoons butter
1 teaspoon salt
1½ dessertspoons flour
Pinch cayenne pepper

Instructions: Blend flour, salt, pepper, sugar and mustard with about ¼ cupful of milk. Place remainder of milk on to boil, stir in blended ingredients and cook for two minutes, stirring all the time. Cool slightly, add vinegar gradually, and pour slowly on to the beaten eggs, stirring constantly. Cook over boiling water until it thickens. Cool quickly to prevent curdling, and pour into a scalded glass jar. Store in a cold place and it will keep for several weeks.

A glass of milk is a tiny "dynamo" ready to supply you with vigour for the things ahead. It is positively risky to leave milk out of your diet.

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GINGER SAUCE

Ingredients:

½ pint custard
1 gill ginger syrup
2 ozs. glace or preserved ginger
1 pinch ground ginger
1 teaspoon lemon juice

Instructions: Add the ground ginger to the custard powder when making the custard, and make it rather thicker than is usual. Stir in the ginger syrup, the lemon juice, and the ginger cut in shreds and serve.

BREAD SAUCE

Ingredients:

½ pint milk
Small onion
A clove
3 ozs. breadcrumbs
Salt and pepper
Nut of margarine

Instructions: Put milk, onion and the clove in a saucepan, and keep by the side of the stove for a time. Put bread-crumbs in a sauceboat with seasoning; bring the milk to the boil and strain over the bread-crumbs. Add margarine, beat with a fork and keep hot.

MELTED BUTTER SAUCE

Ingredients:

1 dessertspoon butter
1 dessertspoon flour
½ pint milk

Instructions: Melt the butter without browning it, remove saucepan from fire and add the flour, still till smooth; return to fire, stir and cook very slowly for one minute, add milk, stir till boiling. Season to taste. This sauce should be seasoned with salt and pepper for savoury dishes, but may be used for steamed and boiled puddings by adding sugar and essence. If required thick for coating or masking, reduce the quantity of milk.

CREAM SAUCE

Instructions: Take a clean enamel or copper pan, and melt 1oz of butter in it. When melted, work well in with a wooden spoon a tablespoon of flour—or a little more if you want a very thick sauce. Return the pan to the fire for a few minutes, and stir it carefully till the mixture is thoroughly smooth. Now bring half a pint of milk to the boil. Stir it a little at a time into the butter and flour, taking great care to avoid lumps. Cook the sauce for 5 minutes more. Take the pan off the fire and stir in whatever flavouring you like, and a tablespoon of cream. You can vary this sauce endlessly by means of the flavourings.

Drink more milk and fight fatigue poisons.

Return your empty milk bottles daily and avoid shortages.

ORANGE SAUCE

Ingredients:

1 orange
1 egg
1oz. sugar
1 pint milk
½ teaspoon custard powder

Instructions: Mix the custard powder and milk, add the juice of the orange, the grated rind and the sugar. Place all in a saucepan and just bring to the boil. Beat up the yolk of the egg with a little milk, and add it to the sauce when it is off the boil. Warm up again, but do not boil.

CUSTARD SAUCE

Ingredients:

1 tablespoon custard powder
1 or 2 eggs
1 pint milk
Sugar and flavouring to taste

Instructions: Mix the custard powder to a smooth paste with a spoonful of milk, add the sugar, pour into a lined saucepan with the rest of the milk and cook, stirring all the time. Take the pan off the stove, and let the contents cool while you beat the eggs to a froth. Add the cooled sauce very gradually to the eggs, stirring always, then pour back into the pan and cook until the custard thickens. If the sauce is to be served hot, one egg is enough, but if cold two make a better custard. The flavouring is added when the custard has cooled.

CURRY SAUCE MADE WITH MILK

Ingredients:

1 small onion
1 oz. butter, lard or clarified fat
1 teaspoon curry powder
1 teaspoon flour
¼ teaspoon salt
Pinch mustard
1 teaspoon coconut
Few drops lemon juice

Instructions: Cut onion into fine dice and fry in hot butter, but do not allow to become a dark colour; add flour, mustard, salt, curry powder; stir over slow fire for two minutes. Add milk and coconut, stir till boiling, add lemon juice.

This sauce may be used for curried lobster, prawns or crab; curried eggs (hard boiled and cut in four lengthwise); cold cooked vegetables; cooked tripe; macaroni. Add any of the above to the sauce, re-heat and serve with boiled rice.

New Zealanders drink on the average half the quantity recommended for good health. Try a Milk shake next time you are thirsty.

Put out your empty milk bottles every day. If a second trip takes just 15 seconds, this time will in the course of a normal delivery, amount to at least two hours wasted.

BEVERAGES AND MILK CONFECTIONS

It is not so very long since milk drinks were regarded as fit only for the sick or convalescent. But today they have come into universal favour because, not only do they effectively quench thirst and give pleasure to the palate, but have a very definite tonic effect.

HOT WEATHER MILK DRINKS

Instructions: To one glass of milk add a tablespoon of ice-cream. Fill up with soda water.

Make half a pint of cocoa with milk, and let it get quite cold. Stand on ice, if possible, for a little while, beat with an egg whisk, pour into a glass, and top with cream which has been whipped and sweetened.

MILK BLOSSOM

Instructions: To a glass of milk and soda water add a spoonful of fruit syrup, either raspberry, strawberry or pineapple syrup.

EGG FLIP

Ingredients:

1 dessertspoon lemon juice
½ pint hot milk
1 fresh egg
1 dessertspoon castor sugar

Instructions: Separate the yolk, mix it with the sugar and lemon juice. Bring milk to the boil and pour over. Beat the white stiffly and pile on top.

HOT EGG MILK

Ingredients:

1 egg
2 tablespoons sugar
1 tablespoon cream
Glass hot milk

Instructions: Beat the egg whole with the sugar; pour hot milk over and top with cream.

MILK POSSET (For Grown-Ups)

Ingredients:

½ pint milk
Juice 2 lemons
1 dessertspoon honey

Instructions: Boil milk and pour over lemon and honey. An excellent remedy for sore throats or colds.

THICKENED MILK

Instructions: Scald one cupful of milk in a double boiler, reserving 2 tablespoons. Add reserved milk to 1 tablespoon of flour gradually, while stirring constantly. Pour into scalded milk and stir until mixture thickens, then cover and cook over hot water for 20 minutes. Season with a few grains of salt. An inch piece of stick cinnamon may be cooked with the milk if liked and tends to produce a laxative condition.

HONEY PUFF

Instructions: Melt a dessertspoon of honey, stir into a glass of milk until it dissolves.

A glass of hot milk sweetened with honey, just before going to bed, is an excellent aid to sound sleep.

MILK POSSET (For Children)

Ingredients:

½ pint milk
1 tablespoon honey

Instructions: Bring the milk to the boil and stir in the honey. Give to child in bed at night to relieve a cold in the head or induce sleep.

COCOA

Ingredients:

3 tablespoons cocoa
2 cups milk
4 tablespoons sugar
4 cups milk

Instructions: Mix cocoa and sugar thoroughly. Gradually add 2 cups milk, stirring smooth. Cook over direct flame for five minutes, stirring constantly. Turn it into top of double boiler and add the four cups of milk, beating with egg beater till froth forms; ¼ teaspoon of vanilla may be added if desired.

EGG NOG

Ingredients:

1 egg
⅔ glass of milk
Sugar and salt
Vanilla to taste

Instructions: Beat the white and yolk separately. Add to beaten yolk a little sugar and vanilla, a pinch of salt and milk. Add the white beaten and stir together in a bowl. The amounts of sugar and salt must be tested, as Egg Nog should be neither sweet nor salty.

BOSTON MILK

Ingredients:

1 pint milk
½ oz. butter
1 oz. flour
Pinch cinnamon
1½ ozs. sugar
½ glass raspberry wine

Instructions: Bring the milk slowly to the boil. Mix the flour smoothly and thinly with a little cold milk, and strain into the hot milk, stirring all the time, and continue doing so until it boils and tastes creamy. Then add sugar, butter, cinnamon and raspberry wine (or any other juice). Mix well, and serve very hot in warmed dessert plates.

FRESH ALMOND MILK

Ingredients:

4 ozs. sweet almonds
1 quart milk
4 bitter almonds
1 tablespoon sugar

Instructions: Blanch the almonds and pound them thoroughly. Add the sugar to the pounded almonds and put whole in a jug. Pour the milk over and let it stand for ½ hour before drinking.

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TEA MADE WITH MILK

Instructions: Scald the teapot and allow it to heat thoroughly, throw water away and add 1½ teaspoons of good tea, pour on ½ pint boiling milk, cover and infuse for 3 minutes, then serve.

BROWN BETTY

Ingredients:

2 cups brown sugar
1 cup chopped nuts
1 cup milk
1 tablespoon butter
1 teaspoon cocoa

Instructions: Boil milk and sugar for 20 minutes, stirring well. Then add nuts, and boil another five minutes. Beat until stiff and pour out on buttered dish.

FLORENTINE CARAMELS

Ingredients:

2½ cups white sugar
¾ cup milk
1 teaspoon ground ginger
1 dessertspoon golden syrup
Small piece of butter

Instructions: Boil for 7 minutes, add 2 tablespoons coconut, 3 drops vanilla and boil again for three minutes. Beat up and pour out.

COCONUT ICE

Instructions: Put two breakfast cups of sugar into a saucepan with half a teacup of milk and a small piece of butter. Boil about four minutes, stirring all the time. Then stand saucepan in a bowl of water, and add one cup of dessicated coconut, and stir until thick. Pour half on a buttered plate, colour the rest with cochineal and add to the other.

FUDGE

Ingredients:

1 dessertspoon cocoa
2 ozs. butter
2 ozs. golden syrup
½ cup milk
1 cup white sugar
1 cup brown sugar
½ teaspoon vanilla
2 tablespoons dess. coconut
Chopped walnuts

Instructions: Melt butter, add sugar, syrup and milk. Bring to boil and boil for 5 minutes. Add cocoa and boil for ten minutes. Remove from fire, add essence, coconut and walnuts. Beat till mixture thickens, pour on buttered dish to cool.

Milk is the richest source of calcium—the element needed to nourish teeth and bones.

Bottles can be cleaned more efficiently if they are returned every day.

THE HOUSEWIFE WITH THE REFRIGERATOR

All kinds of frozen desserts—ice creams, ices and sherbets, mousses and parfaits—may be made easily in your refrigerator. To help you in their preparation, the following suggestions are offered—

FRESH MILK CUSTARD FOUNDATION

Ingredients:
2 eggs — 1 oz. castor sugar
1 pint fresh milk
Instructions: Warm the milk, but do not allow it to boil; beat the eggs well and stir the hot milk slowly with them; add the sugar. Pour the mixture into a double saucepan and stir it over the fire until it thickens, but do not allow it to boil or it will curdle. If this custard is a little lumpy when it has thickened, it must be strained before being frozen. The addition of a tablespoon of cream to this custard before it is frozen is an improvement.

APRICOT ICE CREAM

Ingredients:
1 pint custard
1 small tin preserved apricots — 2 oz. castor sugar
Instructions: Prepare the custard and when cool stir in the syrup from the apricots, and the sugar. Cut up the fruit very small, add to the custard mixture and freeze.

PEACH ICE CREAM

Ingredients:
1 pint custard — 2 oz. castor sugar
1 small tin peaches
Instructions: Mix the fruit syrup with the sugar and add to the cold custard; cut up the fruit quite small and stir into the custard. Freeze.

BANANA ICE CREAM

Ingredients:
3 bananas — ¼ pint cream
½ pint custard
Instructions: Peel the fruit and mash to a cream. Add to the prepared custard; whip the cream and add to the mixture. Freeze.

COFFEE ICE CREAM

Ingredients:
1 pint custard — ¼ lb. sugar
Coffee essence — Hot water
Instructions: Dissolve the sugar in a teacup of hot water, and add four teaspoons of coffee essence. Add to the cold custard and stir well; freeze.

CHOCOLATE ICE CREAM

Ingredients:

1 pint custard
4 ozs. chocolate
½ teacup milk
¼ lb. castor sugar

Instructions: Prepare the custard and allow it to cool. Grate the chocolate and stir it into the milk; add the sugar. Mix well together, then add the custard. Freeze.

STRAWBERRY ICE CREAM

Ingredients:

1 pint custard
½ lb. strawberry jam
Cochineal

Instructions: Prepare the custard, and when cool stir it into the strawberry jam; add a few drops of cochineal, sufficient to make the colour attractive; then freeze.

VANILLA ICE CREAM

Ingredients:

½ pint custard
½ pint cream
Vanilla essence
Sugar

Instructions: Whip the cream stiffly and add it to the prepared custard after it has cooled. Stir in the vanilla essence and a little sugar, then freeze.

RASPBERRY ICE CREAM

Ingredients:

2 lb. fresh raspberries
½ lb. sugar
Cream
Milk

Instructions: Cover the fruit with sugar and leave all night. Place the fruit just as it is in a slow oven and cook gently for about ½ hour. When cool, press through a sieve and to each pint of puree add ½ pint of milk and ½ pint whipped cream. Whisk all together and freeze.

ICED CUP CUSTARDS

Ingredients:

3 eggs
1 quart milk
1 cup sugar
A pinch of salt

Instructions: Beat the eggs till feathery and add the milk, sugar and salt. Pour the mixture into cups, stand in a bowl of hot water in a cool oven, and bake till quite firm. Remove from the oven, dry the outside of the cups and stand on ice.

Never let a day go by without your milk. That is . . . if you value buoyant health, vibrant energy and a long life.

Help your vendor to give a better service by returning your empty milk bottles daily.

MISCELLANEOUS RECIPES

(By courtesy of the Sanatarium Health Food Company)

BAKED GRANOSE FRUIT CUSTARD

Instructions: Into a pie-dish flake ¼lb Granose, add ¼lb raisins, ¼lb sultanas, 1 dessertspoon brown sugar, grated rind of 1 lemon. Over this pour one pint of hot milk and allow to stand for ½ an hour. Then beat up three eggs and mix in, add more milk if necessary. Bake in double dish until set and slightly brown.

GRANOSE BANANA LOAF

Ingredients:

Small tin of pineapple crushed or chopped
4 bananas
½ lb. Granose flakes
1 pint milk
Heaped tablespoon cornflour
Cup golden syrup

Instructions: Into a glass dish sprinkle half the Granose. Spread with chopped pineapple, then a layer of sliced banana, and pour over half the pineapple juice. Press down well, then repeat. Make a sauce with milk, cornflour and golden syrup, allow to cool, then pour over. When set serve cold with cream.

GRANOSE TRIFLE SUPREME

Ingredients:

¼ lb. crisp Granose flakes
Small tin sliced peaches
1 dessertspoon cornflour
2 eggs
1 pint milk
1 dessertspoon sugar

Instructions: Into a glass dish sprinkle half the crisp Granose flakes, then arrange the peaches on top (saving a few for decoration purposes), then sprinkle the remainder of Granose over this, pour sufficient peach juice to moisten. Make a custard with the egg, milk, and cornflour, pour this over all and allow to cool. Then decorate with whipped cream and the remaining sliced peaches.

STEAMED GRANOSE FRUIT PUDDING

Ingredients:

½ lb. Granose flakes
¼ lb. butter
¼ lb. sugar
2 eggs
¾ pint milk
½ lb. raisins
½ lb. sultanas
½ oz. mixed peel
¼ teaspoon nutmeg
¼ teaspoon cinnamon

Instructions: Beat butter and sugar, add eggs then Granose, milk, fruit, etc. Pour into buttered basin, steam three hours, serve with white sauce.

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GRANOSE DAINTY

Instructions: Into individual dishes put ½ slice crisp Granose, on this pile any fresh or cooked fruit, then place the other ½ Granose on top and pour over all a little fruit juice. Cover with a cold boiled custard, serve with or without cream.

LEMON UNPOLISHED RICE

Ingredients:

1 cup unpolished rice
2 pints milk
3 eggs
2 lemons
1 small cup brown sugar

Instructions: Put rice into pie-dish with half the milk and grated rind of lemon and cream in oven until tender, take out and beat yolks of eggs with milk and sugar. Add pinch salt. Beat into rice, beat whites stiff with lemon juice and fold in. Bake until set.

APRICOT AND UNPOLISHED RICE MOULD WITH APRICOT SAUCE

Instructions: Cook half small cup unpolished rice in 1 pint milk until tender. Add ¼ cup sugar and a sprinkle of salt and cinnamon. Into a mould put ½ an apricot and pour the rice in on top. Allow to cool, turn out and serve with the apricot sauce poured over. Take the remainder of your tin of apricots and rub through a sieve with the juice, add juice of 1 lemon and thicken slightly with a little cornflour blended with water.

DUTCH UNPOLISHED RICE

Instructions: Put 1 cup Unpolished Rice into a pie-dish with 1 pint of water and 1 pint of milk. Bake in oven until partly cooked, then add 1 cup raisins, 1 cup sultanas, 1 teaspoon lemon peel, ¼ cup brown sugar, a sprinkle of nutmeg and cinnamon. Stir altogether and bake slowly for ½ an hour, stirring occasionally.

Note—If unpolished rice is not available, polished rice may be substituted which will mean a little variation in flavour and colour.

NUT BUTTER AND RICE CROQUETTES

Instructions: Cook ½lb Unpolished Rice until tender, drain, put into mixing basin, add 1 large tablespoon nut butter, dessertspoon chopped parsley, pinch of sage and thyme, 1 raw egg, mix well and form into croquettes, dip in egg and bread-crumbs. Place on oiled tray and bake in hot oven for 15 minutes or fry in deep fat. Serve with nut butter sauce.

NUT BUTTER SAUCE—

Mix 1 dessertspoon nut butter with a cup of hot water, 1 cup Tomato Puree, pinch salt, small teaspoon cornflour, boil up and stir well.

NUT CREAM SOUP

Instructions: Chop up one very small onion with 2 or 3 sticks of celery, simmer in a little water until tender. Rub through a fine sieve with 1 tablespoon (small) of nutbutter, add sufficient water to make 1 pint, then add 1 pint milk. Mix 1 dessert-spoon cornflour with a little milk, stir in and heat. Salt to taste. If cream is plentiful, substitute half of milk for cream.

MARMITE OMELETTE (Pan)

Instructions: Separate yolks from whites of 2 eggs. Beat whites stiff, to yolks add ¼ teaspoon Marmite, a little chopped parsley, and pinch of salt.

Fold in stiffly beaten whites, turn into buttered pan. Cook gently, then turn quickly with flat knife. Slip on to hot plates, fold over, serve with slice of lemon.

BAKED SAVOURY MARMITE OMELETTE

Ingredients:

1 pint milk
1 teaspoon chopped celery
1 teaspoon chopped parsley
1 teaspoon Marmite
3 eggs

Instructions: Beat yolks of eggs with milk. Dissolve Marmite in a little hot milk and add also, celery, parsley and a pinch of salt. Beat whites stiff and beat into yolks, pour into souffle dish, stand in another dish of water and bake until soft.

SAVOURY NUT BUTTER OMELETTE

Instructions: Separate yolks from whites of 2 eggs. Beat whites stiff, into yolks mix 1 teaspoon nut butter, 1 teaspoon parsley, ½ teaspoon grated onion, beat well then fold in whites. Pour into omelette pan in which I tablespoon of oil has been heated, cook gently, turn over with a flat knife. Brown, slip on to a hot plate, fold over and serve with a thick slice of lemon.

Milk keeps you looking younger and feeling younger. It helps you to keep the youthful freshness of your skin.

Bottles can be cleaned more efficiently if they are returned every day.

MISCELLANEOUS RECIPES — By Courtesy of the Davis Gelatine Co. Ltd.

AMBROSIA

Ingredients:

4 egg whites
2 teaspoons Davis Gelatine dissolved in ¼ pint hot water
¼ pint cold water
Pinch salt
½ teaspoon vanilla or more
1 cup sugar
Cochineal

Instructions: Add cold water to dissolved gelatine. Leave to cool. Add salt to egg whites; beat until stiff. Gradually add cold gelatine and sugar, a little of each at a time beating constantly. Add vanilla. Take one-third of the mixture and colour pink. Place a layer of white in a glass dish, then pink, then the remainder of the white. Decorate with cherries, nuts or as desired. Serve with whipped cream. This dessert is ready almost immediately for use, but, if possible, stand for an hour or longer.

ANGELS' FOOD

Ingredients:

1 envelope Davis Gelatine dissolved in 3 tablepsoons hot water
2 cups (1 pint) milk
4 dessertspoons sugar
2 eggs
Lemon essence

Instructions: Heat milk and sugar and pour on to lightly beaten yolks of eggs; return to fire, bring just to boiling point. Remove from fire. Leave until cold. Add dissolved gelatine to custard. Flavour to taste and stir in stiffly beaten whites of eggs. Pour into a mould. Serve with custard, cream or stewed fruit.

CRUMB CUSTARD CREAM

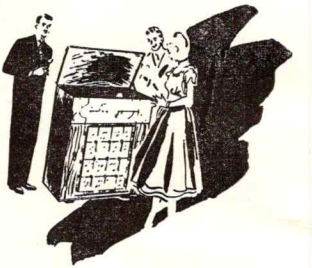
Ingredients:

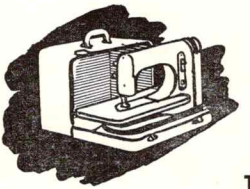
1 envelope Davis Gelatine dissolved in 3 tablespoons hot water
2 egg yolks and whites
½ cup sugar
Pinch of salt
1 teaspoon grated lemon rind
¾ pint milk
¾ cup soft breadcrumbs (not dried or stale)
Vanilla

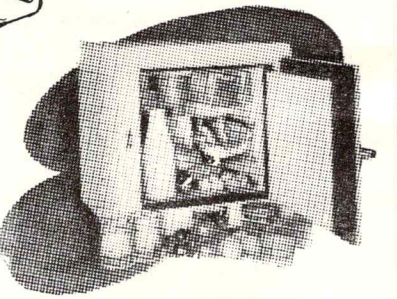
Instructions: Beat yolks and sugar, salt and lemon rind. Heat milk, add to egg mixture. Return to fire, beat in crumbs. Cook until the mixture thickens slightly. Leave to cool. Stir dissolved gelatine into the cool custard. Add stiffly beaten egg whites and vanilla to flavour. Place in a mould.

Milk fat and milk sugars are mainly used by the body to provide Energy.

A few shillings weekly will buy







FROM

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MILK JELLY

Ingredients:

1 envelope Davis Gelatine dissolved in 3 tablespoons hot water
1½ cups (¾ pint) milk
2 tablespoons sugar
Essence of vanilla

Instructions: Place milk, sugar, and flavouring in a bowl; stir until sugar is dissolved. Add cool dissolved gelatine to the milk and stir all together. Pour into a mould. If the milk is taken from the ice chest or refrigerator, stand in a basin of hot water for a minute to remove the chill.

ORANGE EGG CREAM

Ingredients:

1 envelope Davis Gelatine dissolved in ¼ pint hot water
½ pint orange juice
1 teaspoon lemon juice
2 eggs
4 tablespoons sugar or more
Pinch of salt

Instructions: Beat yolks of eggs, add salt and sugar and add gradually to well-beaten whites. Add dissoved gelatine and orange and lemon juice. Beat well, pour into mould. Serve with chocolate sauce.

RICE CREAM

Ingredients:

1 envelope Davis Gelatine dissolved in 3 tablespoons hot water
½ pint cooked rice, hot
4 tablespoons sugar
Vanilla essence
1 egg
¾ pint rich milk

Instructions: Add dissolved gelatine to hot rice. Add sugar and flavouring. Beat egg yolk, add to milk, lightly beat into the rice mixture. When thickening, fold in beaten egg white. Place in a mould.

SPANISH CREAM

Ingredients:

1 envelope Davis Gelatine dissolved in 3 tablespoons hot water
1 pint milk
4 dessertspoons sugar
2 eggs
Essence of vanilla

Instructions: Beat yolks of eggs and sugar together; add to milk. Heat until the mixture boils and coats the spoon. Remove from the fire. Add dissolved gelatine to the mixture. Beat egg whites until stiff and stir into the mixture. Flavour to taste and pour into a mould. Remember, the custard must boil or it will not separate. It should only just boil; do not keep it cooking.

SPANISH CREAM, NEW STYLE

Ingredients:

1 envelope Davis Gelatine dissolved in 3 tablespoons hot water
2 eggs (yolks and whites separated)
4 dessertspoons sugar
1 pint milk
1 tablespoon lemon juice
Essence of vanilla

Instructions: Beat egg yolks with sugar, add to milk. Heat until mixture boils and coats spoon. Remove from fire. Add dissolved gelatine, vanilla to flavour and stiffly beaten egg whites and lemon juice. Place in a mould. If preferred, colour a delicate pink with cochineal.

BUTTERSCOTCH SPONGE

Ingredients:

1 envelope Davis Gelatine dissolved in 3 tablespoons hot water
1 cup brown sugar
2 tablespoons butter
1¾ cups hot milk
3 eggs
Pinch salt
Few drops vanilla essence

Instructions: Cook sugar and butter together until the sugar melts; add hot milk. Pour over beaten yolks of eggs. Return to fire and cook until smooth like custard—do not boil. Leave until cold. Add dissolved gelatine and essence. Beat egg whites and salt until stiff, fold into the mixture when it is beginning to set. Pour into a mould and chill.

Variation (the mixture separates into layers): Cook the caramel custard to boiling point and let it "break," remove, add dissolved gelatine to the hot custard, add essence. Fold in the beaten egg whites, pour into a mould.

APPLE BLANCMANGE

Ingredients:

1 envelope Davis Gelatine dissolved in 3 tablespoons hot water
1 tablespoon sugar or honey
½ cup apple puree
¾ pint milk

Instructions: Stir sugar or honey into apple. Add dissolved gelatine. Add to milk. Mix well. Leave to thicken. Stir occasionally while thickeneing. Place in a mould.

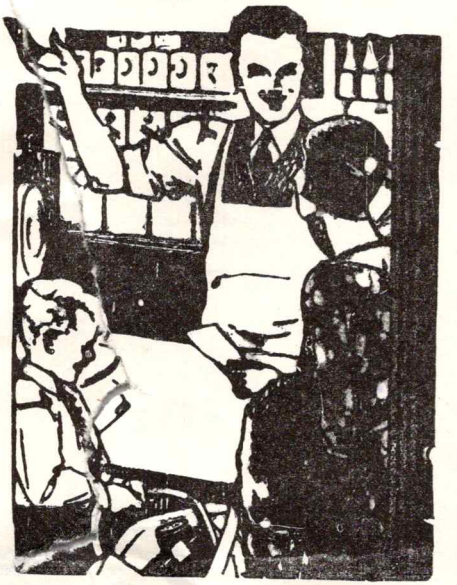
JELLIED EGG NOGG

Ingredients:

1 envelope Davis Gelatine dissolved in 3 tablespoons hot water
2 eggs (yolks and whites)
2 dessertspoons sugar
Pinch of salt
¾ pint milk
1 teaspoon vanilla essence
Grated nutmeg

Instructions: Beat eggs, sugar and salt; add milk and flavouring and blend well. Add dissolved gelatine. Pour into a serving bowl. Sprinkle with nutmeg. A little brandy or sherry may be used for flavouring if desired.

SERVICE WITH A SMILE



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